

Mt Baker Newsletter

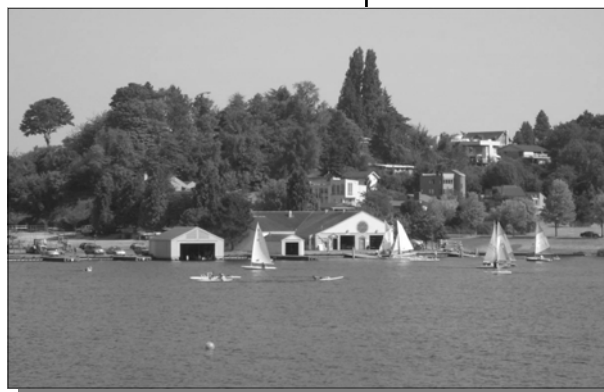
Early Spring 2005

NEWS FROM THE BOATHOUSE

Welcome ALL to Spring 2005 Junior Crew. It has already proven to be an exciting season so far: we've had more rainless-windless days in January and February than in years past-making for very good practices; there is a 'new' look for the varsity girls team by way of a redesigned uniform, and it's our largest novice enrollment in Mt. Baker's history. Gratefully, two former Mt Baker coaches have returned to our staff to assist with our 'ever-growing' novice program and we welcome Karen Etsell as our new full time office manager. It's just the beginning! Starting Saturday, March 12th, we commence our racing season with our annual inter-squad Baker Bash, also known as the 'Ham 'n Egger,' and breakfast. So, come on down to watch, get involved, go out on the water and try rowing. Everyone is welcome! The following weekend, March 19th, we load our trailer for its first travel trip cross town to Green Lake. If you've never seen a truck and shell trailer on the road, it's quite a sight. From the truck's front bumper to the stern of the boats, we stretch longer than a semi truck with all those long sleek 'canoe type' boats. That's racing in the northwest.

I look forward to seeing and meeting all of you during our Baker Bash Day on March 12th and throughout the season. Please don't hesitate to stop in and say hello. We're hoping to warm up our espresso machine for the afternoon drop-offs and pick-ups. So watch for updates at the facility and join us in an afternoon cup of java or coco. GO BAKER!

Peggy Tosdal
Seattle Parks and Recreation
Mt. Baker Rowing and Sailing Center
3800 Lake Washington Blvd S, Seattle, WA, 98118
206.386.1913 (fax) 206.386.1913
peggy.tosdal@seattle.gov



"Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community."

www.seattle.gov/parks/boats/Mtbaker.htm
email: mount.baker@seattle.gov

PLEASE...
Support the Mt Baker
Rowing & Sailing Center
"Pulling Together"
Boathouse Expansion
Capital Campaign...see
page 7 for details on how
you can make it happen!!!



“PULLING TOGETHER” for the Mt Baker Rowing & Sailing Center Boathouse Expansion



Capital Campaign appeal coming to your mail boxes soon.

By now, you've probably heard that the Mount Baker Rowing and Sailing Center is raising money to expand the boathouse by just over 9,000 square feet, as well as greatly improve our existing facility. The “Pulling Together” campaign is now in its final weeks. Thanks to the hard work of a wonderful group of volunteers and donors, the campaign has raised more than \$1.4 million. **Before April 30, we must raise \$600,000**



to stay on track with our construction schedule. As our most active user group, junior crew families are crucial to the campaign's success. Very soon, you will receive a letter asking you to contribute to the “Pulling Together” campaign. This letter is being mailed to the Row-a-thon list. We encourage you to talk over as a family what the junior crew program has meant in your child's life. While we all know how many organizations ask for support, we hope the way you feel about Mount Baker junior crew inspires you to make this campaign one of your priorities and give generously. Some parents are holding small luncheons for fellow crew parents and other supporters in their homes. The goal of these luncheons is to get to know one another and the campaign a little better, and to encourage the spirit of contribution. If you think you might like to hold a gathering of junior crew parents in your home some time in March or April, please contact Bess Stanton at 206-725-2659 or Jean Zatochill at 206-723-8607. On behalf of all the volunteers and donors who have helped us come this far, **thank you** for participating in the campaign.

Jean Zatochill
Capital Campaign Major Gifts Chair

Bess Stanton, Sue Leavitt
Junior Crew Parents Campaign Chairs

MERCHANDISE NEWS

Thursdays are merchandise days, all orders for in stock items are filled and ready for pick-up, as well as having the opportunity to buy and take home your purchase that day. There is someone available from 3:30 until 6:00 if you want to come in. All special order items will be available for pick up on **Thursdays** as well. Remember that each novice athlete will need a white Mt. Baker tee shirt to race on Saturday March 19th at the Green Lake regatta; they are available in the office for \$10.00.



VOLUNTEER CORNER

Thanks to all of you who have signed up to help throughout the season! With Baker Day fast approaching it has been wonderful to have so many of you wanting to help. This is a great way to meet other parents, and to get to know the other athletes that your athlete spends 10 to 13 hours a week with. If you haven't signed up yet, or have questions please let me know, I can be reached by e-mail at jcbutton@qwest.net or you can call me at 425-271-4179 up until 10:00 pm.

Carole Button
Volunteer Coordinator

Captain's Corner: Varsity Boys



This season the varsity guy's team is the largest it's been in quite some time. With roughly four eights training, there will be stiff competition- not only within the team, but with other teams in our region as well. Our new assistant coach for this season, Chris O'Brien, who helped Dan coach the team in the fall season and ran the winter training program, is clearly going to be a huge coaching asset for us this spring, bringing his experience as a UW coxswain to us here at Baker. Our team goal this season was decided by a majority to be "no regrets." Everyone so far has been working to uphold that goal. Also, we will be trying to organize some community service opportunities for the guys to participate in, in order to help raise community awareness of our program, as well as help the guys get to know each other off the water (in addition to our team dinners). I think with the right attitude our team will go extremely far this spring, as individuals and as a competitive crew team.

Courty Stanton,
Team Captain

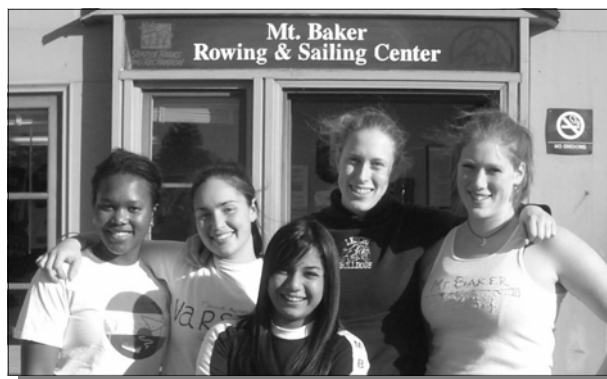
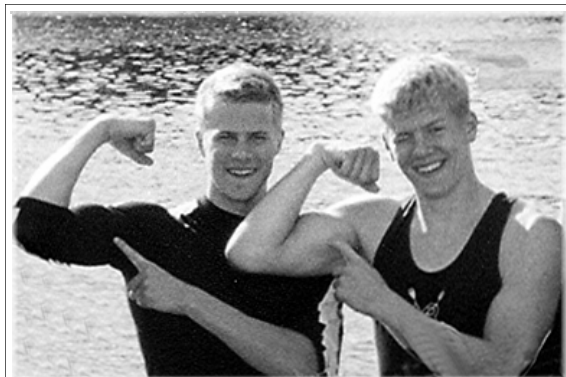
Captain's Corner: Varsity Girls



Well, here it is: My last season rowing for Mt. Baker. It makes me extremely sad and nostalgic to I think about that, but at the same time, excited to see what we can do from now until May. This is my last chance to leave my mark on the team, to win a National Championship, to take off those last few seconds on my PR 2k, and to have fun with the team I love. I think the team would agree with me when I say we're ready to race. This spring is going to be tough: we have a smaller team, and we had a bit of a rocky start. But despite that, I think the girls are ready to show off what they've got and make the team faster. I'm excited for the first race where we can truly lay out everything and have confidence in the work we've done to get there. Mentally, I think the team is in a much stronger place than in years past. The girls know that they are being held accountable for what they do everyday, and if we all come together and strive for a common goal, we can do great things.

Although I'm sad that my long career as a Baker rower is coming to a close, I'm proud of what I've accomplished. I love every member of the team, and I think some of the most memorable and amazing experiences are yet to come.

Dana Brandt,
Team Captain





Mt. Baker Boating Advisory Council

*A volunteer community organization,
A 501©3 non-profit organization in partnership with
Seattle Parks and Recreation*

The Mt Baker Boating Advisory Council is a group of citizens dedicated to the enrichment of our community with non-motorized boating education, on and off the water. Their support enables the Mt. Baker Rowing and Sailing Center to offer a variety of boating programs and services for people of all ages, abilities, backgrounds and financial needs.

Our Boating Advisory Council continues to seek members to join and become part of a group of volunteers dedicated to providing a place for all to experience boating in South Seattle. Meetings are usually held on the fourth Wednesday of the month at Mt. Baker Rowing and Sailing Center.

In partnership with Seattle Parks and Recreation, the Mt. Baker Boating Advisory Council schedules 100% of all boating programs offered at the facility. All of the equipment used by participants has been purchased by fund-raising dollars, user program fees, and events hosted by the Council. The quality of our instruction and equipment and the repair and maintenance of the equipment, relies heavily upon program dollars, fund raising, and donations.

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: The Executive Board for the Council is:

: *Anna Martin – president*
: *Carole Button – vice president*
: *Paul Luu – treasurer*
: *Linda Bush – secretary*
:

: Board members: *Holly Boone, Jean Zatochill,*
: *Peg Benson, Melinda Partins, Phil Defliese,*
: *Peter Murray, Ruth Kimura, Louise Mullins*
:

The Board is currently working extremely hard on raising \$2.1 million to continue the boating enrichment of South Seattle. It takes many to knock on doors and walk the pavement, but the end result will reach even further out in our community with year-round boating programs. If you would like more information or simply to get involved, please call anytime: 206.386.1913 or email the Sr. Recreation Program Specialist, Peggy Tosdal at peggy.tosdal@seattle.gov

Names and Numbers to Know

Boathouse..... 206-386-1913

Peggy Tosdal.....Boathouse Manager

Karen Etsell..... Office Manager

Find us at:

www.cityofseattle.net/parks/boats/Mtbaker.htm

ROWING COACHES

Dan Shapiro.....Varsity Boys

Chris O'Brien.....Asst. Varsity Boys

Jason Coffman.....Varsity Girls

Jenna Brannan..... Asst. Varsity Girls

Chuck Eadon.....Novice Boys

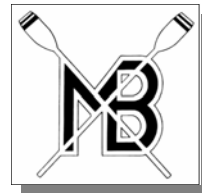
Alice Lippitt.....Novice Girls

Assistant Novice Coaches: Kim Strumwasser,
Perry Estevenin, Julianne Zimlich

TEAM CAPTAINS

Courty Stanton - Varsity Boys

Dana Brandt - Varsity Girls



FRIENDS OF MT BAKER CREW

Carole Button.....Volunteer Coordinator:

425-271-4179 jcbutton@qwest.net

Julie North.....Regatta Food Coordinator:

206-328-6554

Pat EadonMerchandise Coordinator:

206-725-3541 charleseadon@yahoo.com

Jean Zatochill..... Capital Campaign/Major

Gifts Chairperson: 206-723-8607

jeanzatochill@aol.com

Bess Stanton.....Newsletter

eliziii@aol.com



ANNOUNCEMENTS & SCHEDULE INFORMATION



SPRING 2005 DATES TO REMEMBER

March 12 Saturday BAKER DAY:

- 7:30-10:00am: Baker Bash; Ham 'n Egger - All Mt. Baker Rowers
- 10am-Noon: Breakfast & Row-a-Thon (Spring junior crew fundraiser)
- 11:30am-1:30 pm: Notarize your out-of-country permission slip
- 11:30am-12:30pm: Parent meeting (try out rowing, meet the coaches and check out what's new)
- 12:30-3:00pm: Lake Washington Blvd Shoreline Clean-up (Jr. Rowers)

March 19 Saturday: Green Lake Spring Regatta-All rowers, all day

April 9 Saturday: Husky Invitational Regatta, UW, Montlake Cut-Varsity only

April 16 Saturday: Seattle Sprints at Mt Baker Row & Sail Center- all rowers

April 18 Monday: Varsity boys practice time moves to 3:45-6:15 pm
Varsity Girls practice time moves to 4:15-6:45 pm

April 23 Saturday: American Lake Regatta, Tacoma, WA-Novice only

April 28-May 1: Thurs.-Sun.: Brentwood Regatta, Vancouver Is.B.C.Canada-Varsity only
Athletes & chaperones travel Thu., 4/28 3:30 pm

April 30: "Pulling Together" Capital Campaign Donations/Pledges Due!

May 7 Sat.: Opening Day, University of Washington, Montlake Cut (Invitation only)

May 11 Wednesday: Team photos (during practice)

May 19-22 Thu.-Sun.: Jr. Regional Championship, Vancouver, WA- All rowers. Athletes & chaperones leave Thursday evening May 19

May 23 Mon.: Last Day of Spring Crew-Unload/wash boats and social time, 3:30-6:00pm

May 25 Wed.: Jr. Crew Awards Banquet, South Lake Union Armory 6:00-9:00 pm

All athletes do not attend all regattas. Coaches will announce the athletes who will be competing. Voicemail will be used during travel weekends to update return/arrival times.



Coaches Corner: Dan Shapiro, Varsity Boys



There is a lot of excitement surrounding the Varsity Boys at the Mt. Baker boathouse this spring! We currently have 43 kids on the squad consisting of 9 freshman, 16 sophomores, 9 juniors, and 9 seniors. From this group, 11 different schools are represented. Mercer Island High School leads the way with 15 athletes while Garfield High School is a close second with 11. Other schools contributing athletes include O'Dea with 5, Seattle Academy with 4, The Center School with 2, and Bellevue, Bush, Forest Ridge, Lakeside, Seattle Prep, and West Seattle with one team member each. As usual, everyone has been getting along great although the trash talking has already begun for the Islander-Bulldog rematch in this year's high school 8's race at Regionals.

Our team is quite a bit larger than it was last year growing by 14 athletes from 29 to 43. With this new size, we have some new opportunities. For the first time since I began here in 1999, we are looking at taking up to 4 eights, or more, of rowers to the Brentwood Regatta. This is the largest and most competitive high school regatta on the West Coast, drawing teams from Southern California through Canada. We are very excited to have enough depth to potentially field competitive boats in more events than we ever have before. The guys are all working hard towards making the trip a reality for the entire team.

This spring Chris O'Brien returns as assistant coach. Chris did an excellent job as general assistant coach during the fall and we are looking forward to having his direction again this spring. Chris brings extensive knowledge of rowing into our program. During high school he competed for the Cincinnati Junior Rowing Club as well as twice being named to the U.S. Jr. National Team. After high school, Chris came to the University of Washington where he spent four years as a coxswain for the Huskies, winning two national championships.



We are also very fortunate to bring newfound racing experience into this season. We have 3 athletes that have returned from our Open 4+ that won Nationals last June as well as six athletes from our Lightweight 8+ that finished in second place there. In addition, the team benefits from having several athletes who participated in International racing over the summer. Sofia Benson-Goldberg, Brendan Brooks-Stocking, Dane Robbins, and our captain Courty Stanton were all members of the U.S. boys' team that competed in the Can-Am-Mex regatta in Montreal on July 9th. Jesse Johnson returns after spending the summer with the U.S. Jr. National Team in Connecticut and Spain. Jesse made the U.S. eight, sitting in the 4-seat, and his boat went on to finish 5th at Jr. Worlds in Spain. Our veteran racers have been busy showing the younger guys how it's done!

We look forward to seeing and hearing you at all of our regattas!

Coaches Corner: Chuck Eadon, Novice Boys



The novice boys open this spring with 21 rowers. We will mix the fall rowers with new rowers that joined us this spring to continue to build on what we started in the fall. This group of novice rowers has started fast and are training very hard to have a good showing at our first regatta at Green Lake. What they will learn is more than just rowing in a racing shell, it will be how to operate as a team and how to push themselves to reach their maximum potential. The novice program will be competing in at least 4 sprint style regattas this spring, finishing at the Northwest Regional Championship Regatta in May.



Coaches Corner: Jason Coffman, Varsity Girls



We are looking forward to a competitive season this year. This spring there are just over thirty girls on the team. This is a small number, but it allows us (the coaches) to spend more time watching and coaching each individual. Each of these girls are individuals, they all have sparkling personalities. This is a fun team to be around, the energy is always up. We hope that this positively continues and moves us forward throughout the season.

The athletes on this team come down to Baker from four different high schools: 12 from Garfield, 10 from Mercer Island, 1 from Center School, and 7 from Holy Names Academy. We have 5 freshmen, 9 sophomores, 8 juniors and 9 seniors. On this team it doesn't matter what age the athletes are, everyone treats each other as a teammate, not as an upper or lower classmen. In true Baker fashion, everyone supports each other.

We are only three weeks into the season, and these girls have already completed four 6000 meter erg tests. There are five girls that are participating in national team testing this year: Ursula Opalka, Kari Lombard, Casey Collins, Rachel Taylor, and Kadi O'Brien. These five athletes get to take a certain number of 2000 meter erg tests over a period of time and report the results. If their results are strong enough they may get to row with a number of other athletes from across the country for the national team this summer!

This spring 2005 is going to be an exciting season. We are going to be spending the next few weeks getting conditioned and ready to go out and race in March. Go Baker!

Jason Coffman
Jenna Brannan



Coaches Corner: Alice Lippitt, Novice Girls

With our greatest number of Novice Girls this spring we're looking forward to a record-breaking season. The thirty-six girls on the roster have already completed erg tests, timed runs, and several days on the water. Each day displays more eagerness to learn and advancements in skill. With three eights on the water at practice we are mastering "all-eight" rowing and beginning to work on our application of power. With the excitement of Baker Day just around the corner we are looking forward to testing our abilities and impressing our community in the comfort of our own waters.

Two weeks away from our first regatta at Green Lake, the girls are training hard, setting goals and expectations. We are excited about racing in both eights and fours and anxiously await racing more sculling boats in our home regatta, Seattle Sprints. American Lake, in Tacoma, is a new addition to our schedule this year and hopes to be a good precursor to our regional regatta in Vancouver, Washington. With the promise that has already been shown in these few short weeks of the season, the NW Jr. Regional Championships at the end of May should prove to be a showcase for the up and coming novices of Mt. Baker.

To the parents of the novice girls, thank you for continued support of your athletes and we welcome you under the blue tent where warm beverages, good food, and lots of Baker pride will be shared. Go Baker!





Our Mt. Baker boys and girls pull hard for their team. We hope you will support them. Please give generously to the Mt Baker Boathouse Expansion "Pulling Together" Capital Campaign
Call 206-386-1913



PULLING TOGETHER...

Seattle Parks and Recreation
c/o Mt Baker Crew
3800 Lake Washington Blvd S.
Seattle,WA. 98118